

FOOD MATTERS® | Gaia

# SPRING CLEANSE

## *Detox Juices*

**10 FREE**  
JUICE RECIPES







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Feeling a little sluggish, lacking energy, or just not feeling your best? We've got some amazing juice recipes to help your body detoxify and repair!

We all know we should eat more vegetables and fruit, but often we don't have the time or our digestion is compromised. Juicing allows you to get an easily absorbed dose of vitamins, minerals and antioxidants, making it one of the quickest ways to fire up your health and nourish your cells! They can help you to improve your energy, gain mental clarity, get radiant, glowing skin, and so much more. The benefits of juicing are endless!

Clearly Laurentine and I are big fans of juicing, but to really feel the health magic from this liquid gold (and please your tastebuds at the same time!), it's important to get the combination of fruits and vegetables just right.

We've done the hard work for you and put together 10 of our favorite cleansing and detoxifying recipes to help you nourish your body, reduce inflammation, boost your immune system and aid your digestion. We hope you enjoy them as much as we do.

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Cheers to good health!

**James Colquhoun & Laurentine ten Bosch**

Producers of Transcendence

*James & Laurentine*



# *Super detox green juice*

Reduce inflammation of the digestive system and alkalize your body with this refreshing, cleansing juice!

## INGREDIENTS

1 small cucumber  
2 kale leaves or handful of spinach  
1 apple  
1 small lemon  
2-3 celery stalks

Optional: 1 tsp barley grass, wheatgrass or spirulina powder

## METHOD

Juice all ingredients.





# *Immune boosting beet juice*

The beetroot in this juice blend offers powerful cleansing benefits and supports your immune system.

## INGREDIENTS

1 beetroot, stem removed and washed  
1 apple  
2 celery stalks  
1-inch of ginger  
1 small carrot  
1 small cucumber

## METHOD

Juice all ingredients.





# classic carrot zinger

Awaken your digestive system with this refreshingly zingy juice combination! Add a little extra ginger for even more gut-soothing benefits.. if you're game!

## INGREDIENTS

1 carrot  
1-inch ginger  
½ lemon  
1 orange

## METHOD

Juice all ingredients.





# NB juice

Prefer a juice with less fruit? Bump up your vegetable intake with this juice and feel your body thrive!

## INGREDIENTS

2 celery stalks  
1 carrot  
½ a small beetroot  
handful of parsley  
2 tomatoes  
A pinch of sea salt

Optional: A handful of cos, romaine, watercress, spinach and 1 pinch of pepper to taste

## METHOD

Juice all ingredients.





# *pineapple mint madness*

Let yourself drift away to a tropical paradise with this pineapple and mint combination and say aloha to improved digestive health!

## INGREDIENTS

2-3 handfuls of baby spinach  
2 small cucumbers  
handful of fresh mint leaves  
1/2 lime, peeled  
1/4 cup chopped pineapple

## METHOD

Juice all ingredients.





# *turmeric anti-inflammatory juice*

Packed with antioxidants, vitamin A, beta-carotene and anti-inflammatory properties, this punchy combination will help you combat a weak immune system and decrease inflammation.

## INGREDIENTS

1 apple  
1 carrot  
½ lemon  
1-inch piece of ginger  
1-inch piece of turmeric  
Extra: Dash of black pepper

## METHOD

Juice all ingredients.





# *metabolism-igniting juice*

Rev up your metabolism with this cleansing number, a sure way to ignite your internal fire and detox your body.

## INGREDIENTS

1 apple  
1-inch piece of ginger  
½ lemon  
⅛ tsp Cayenne Pepper

## METHOD

Juice all ingredients.





# *purple digestive elixir*

Cabbage in a juice sounds strange but this veg is super high in the sulphur-containing antioxidants that have been found to provide protection against radiation due to their detoxifying properties.

## INGREDIENTS

1/4 red cabbage, chopped  
1 green apple  
1 small cucumber  
2 stalks of celery  
handful of fresh basil  
handful of fresh parsley  
handful of fresh mint

## METHOD

Juice all ingredients.





# mega C super citrus juice

Boosting your vitamin C intake is one of the easiest ways to support your immune and detoxification systems while assisting with cell repair and nutrient absorption!

## INGREDIENTS

1 orange  
1/2 lemon  
1/2 lime  
1-inch of ginger  
1-inch of turmeric  
1 cucumber  
2 stalks of celery  
handful of fresh mint

## METHOD

Juice all ingredients.





# heavy metal detox juice

Rid your body of harmful heavy metal residues with this combination of potent detoxifying ingredients.

## INGREDIENTS

3 stalks of celery  
1 cucumber  
handful of parsley  
handful of cilantro (coriander)  
1 green apple  
½ fennel bulb  
1 lemon, peeled

## METHOD

Juice all ingredients.

